



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

Oklahoma

All statistics are based on parental reports.

National %	State %	
14.8	15.4	Percent of children who are overweight
21.9	20.3	Age 10-11
14.4	17.0	Age 12-14
10.7	10.8	Age 15-17
22.4	24.0	0-99% Federal poverty level
19.0	17.3	100-199% Federal poverty level
13.7	11.6	200-399% Federal poverty level
9.1	9.1	400% Federal poverty level or more
18.1	19.9	Male
11.5	10.4	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	73.3	
78.2	82.4	Age 10-11
74.2	76.4	Age 12-14
63.3	64.7	Age 15-17
76.8	82.3	Male
65.6	63.5	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	59.8	
61.5	65.6	Age 10-11
61.6	61.1	Age 12-14
53.4	55.0	Age 15-17
62.1	62.0	Male
55.0	57.5	Female
72.9	71.8	Percent of children with at least one parent who exercises regularly